pure fitness

simply good products for real life™

Pure Fitness Mini-Stepper
Model No. 8529MS
Owner's Manual

Please read all the instructions before using this product.
Consult a physician before beginning any exercise program or strenuous activity

WARNING

220 LBS
MAXIMUM
WEIGHT RATING

WARNING

This contents of this package are not suitable for children under 3 years of age. Contains small parts which may cause choking.

Do not allow more than one person on the Stepper at any time.
Do not allow small children to use.

Please visit www.pureglobalbrands.com to register your product to ensure warranty coverage.

Pure Fitness is a Trademark of
Pure Global Brands, Inc.

pure™ global brands inc.

OWNERS MANUAL
CUSTOMER SERVICE INFORMATION

Thank you for purchasing our **Pure Fitness™ Mini-Stepper**.

At Pure Global Brands, we want all of our customers to be completely satisfied with their purchase. Please take time to review the contents of the product you just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will happily provide replacement parts at no charge within 30 days of purchase. Please keep in mind that for select damaged part replacement requests, we will require a photo for submission to our quality control office.

To order these parts, or if you have any other questions or concerns about this Pure Global product, please e-mail the Pure Global Brands, Inc. customer service department at: customerservice@puregbi.com or contact us at 1-866-498-5269. You can also visit our website at: www.pureglobalbrands.com

If you request replacement parts, please be sure to include the following information in your correspondence:

YOUR NAME
YOUR MAILING ADDRESS
YOUR E-MAIL ADDRESS
RETAILER WHERE YOU PURCHASED PRODUCT
DATE OF PURCHASE
ORDER # (IF AVAILABLE)
PRODUCT MODEL #: 8259MS
SERIAL #
PRODUCT NAME: Pure Fitness™ Mini-Stepper
PART # (located in manual)
QUANTITY NEEDED
PICTURE OF DAMAGED PART(s) – SUBMIT VIA Email , Fax, or Mail

Again, thank you for purchasing a Pure Global Brands product.

Sincerely,
Customer Service
Pure Global Brands, Inc.
8040 Belvedere Road
West Palm Beach, FL 33411
1-866-498-5269

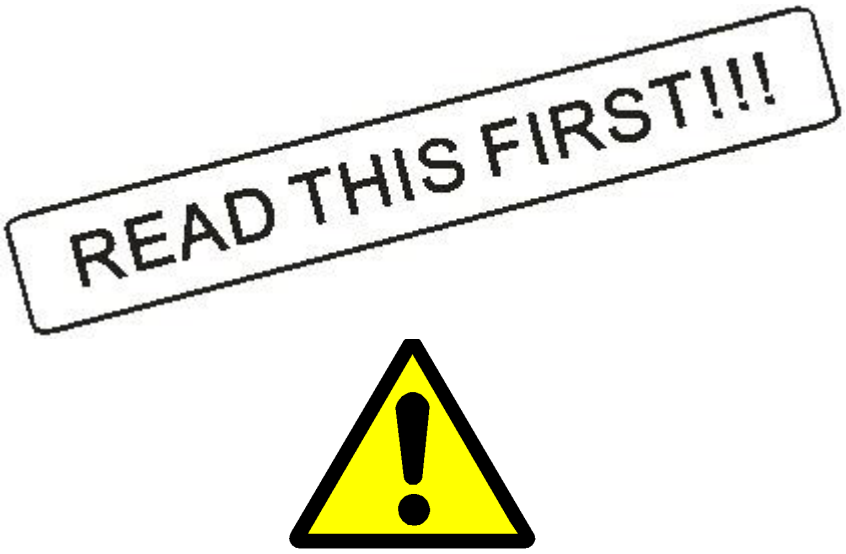
LIMITED WARRANTY

Pure Global Brands, Inc. warrants this product to be free from defects in workmanship and materials under normal use and conditions for the duration of the period outlined below FROM THE DATE OF ORIGINAL PURCHASE. This Limited Warranty is not transferable and is available only for the original purchaser of the Product.

The various components of this equipment are warranted against defects and workmanship for the following time period(s):

- **Steel Frame 1-year.**
- **All Other Parts 90-Days**

All warranty coverage extends only to the original retail purchaser from the date of purchase. Pure Fitness's obligation under this Warranty is limited to replacing or repairing, at Pure Fitness's option, the product at one of its authorized service centers. All products for which a warranty claim is made must be received by Pure Fitness at one of its authorized service centers and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Pure Fitness. All warranty claims must be pre-authorized by Pure Fitness. Pre-authorization can be obtained by calling 866-498-5269. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a Pure Fitness authorized service center or for products used for commercial or rental purposes. This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of Nature (such as damage caused by wind, lightning, snow, water, or ice). Weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other Warranty beyond that specifically set forth above is authorized by Pure Fitness.
PURE FITNESS IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND Pure Fitness SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.
This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.



WARNING

CHOKING HAZARD – Small parts

NOT for children under 3 years.

Warning

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

WARNING
IMPORTANT – PLEASE READ!

WARNINGS – GENERAL SAFETY ADVICE

Please read these instructions in their entirety before use and retain for future reference.
This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.

ALWAYS consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.

IF YOU EXPERIENCE any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness, dizziness, or other unusual discomfort while exercising, STOP and immediately consult your physician and/or obtain medical assistance.

This machine is intended for indoor home use only, it is not designed for commercial use.
Before using this product, inspect your machine. Make sure that all nuts, bolts and hardware are tight and in working order, check the hydraulic chambers for leakage, and ensure that the stretch cords are securely in place. If not using the cords, make sure they are out of the way of the moving parts on the Stepper and will not interfere with its normal use. Replace any worn, defective or missing parts before resuming use.

DO NOT allow children to use, climb on, or play near this product.

NEVER allow more than one person at a time on this product.

Ensure that the product is on sturdy, level ground. If necessary, use a rubber mat under the machine to reduce the possibility of slipping during use.

Warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards.

NEVER hold your breath while exercising.

Rest adequately between workouts to allow your muscles to tone and develop.

DO NOT wear loose fitting clothing, belt buckles, or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous.

DO NOT sit or kneel on the unit.

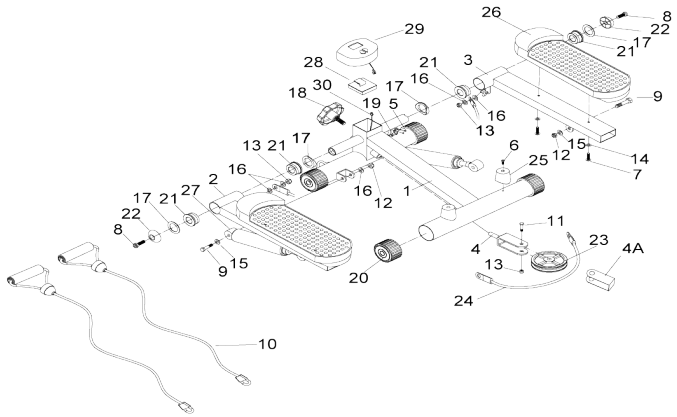
DO NOT use this product at full Pedal Extension until you are comfortable with how this item works.

ALWAYS wear the appropriate fitness footwear. DO NOT use this product barefooted or with socks only.

Dispose of all packaging materials safely and per local ordinance.

Please retain this information for future reference.

8529MS PARTS DIAGRAM/LIST



For your convenience, almost ALL of the parts on this list have been pre-assembled.
This list is for troubleshooting and parts identification ONLY.

Part #	Description	Quantity
1	Main Frame	1
2	Step Arm (Left)	1
3	Step Arm (Right)	1
4	Step Arm Link Cable Pulley Bracket 1	1
4a	Step Arm Link Cable Pulley Bracket 2	1
5	M3 x 15mm Screws	2
6	M4 x 20mm Screws	2
7	M5 x 25mm Screws	4
8	M8 x 25mm Bolts	2
9	M8 x 40mm Hex Bolts	4
10	Elastic Bands w/ Handles	2
11	M10 x 45mm Hex Bolt	1
12	M8 Nylon Locknuts	4
13	M10 Nylon Locknuts	3
14	M6 Flat Washers	4
15	M8 Flat Washers	8
16	M10 Flat Washers	6
17	M19 Flat Washers	4
18	Step Arm Adjustment Knob	1
19	Grommet	1
20	Main Frame End Caps	4
21	Step Arm Support Bushings	4
22	Round Plastic End Caps	2
23	Step Arm Link Cable Pulley	1
24	Step Arm Link Cable	1
25	Step Arm Stoppers	2
26	Foot Plates	2
27	Hydraulic Cylinders	2
28	Monitor Mount	1
29	Monitor	1
30	Monitor Sensor Wire	1

ASSEMBLY AND INITIAL SET-UP

For your safety and convenience, the Pure Fitness™ Mini-Stepper has a factory welded frame and ships to you pre-assembled. To complete the assembly of your Stepper follow the simple steps outlined below.

1. Fit the Step Arm Height Adjustment Knob (18) into the hole in the front of the Main Frame and turn it Clockwise “+” until you feel some resistance. DO NOT fully tighten this knob.

2. Remove the Battery Compartment Cover from the rear of the Exercise Monitor. Place the batteries into the Battery Compartment, and replace the Battery Compartment Cover.

3. Connect the Exercise Monitor Sensor Wire (30) into the connector input on the rear of the Exercise Monitor.

4. Slide the assembled Monitor onto the Exercise Monitor Mount.

5. Adjust the Step Height on your Mini Stepper. For initial set-up, a step height of approximately 6” is advisable. To do this, use one hand to push down on one Step Arm Foot plate (26), so it is fully depressed. While holding this step down, turn the Step Arm Height Adjustment Knob in a Clockwise “+” direction, allowing the other Step Arm Foot plate to rise, until it is at a height of approximately 6” above the rear stabilizer.

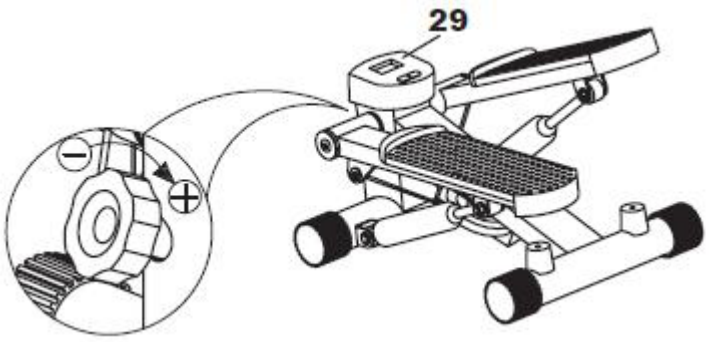
6. Attach Stretch Cords to the Main Frame by clipping the Stretch Cord hooks to the 2 welded attachment loops on the front stabilizer bar.

RESISTANCE AND STEP HEIGHT ADJUSTMENT

The Hydraulic Cylinders on your Mini-Stepper are single acting, and their resistance levels have been configured and set in the production process.

To intensify your workout, increase the height of the pedals by turning the Step Arm Height Adjustment Knob in a Clockwise “+” direction.

To decrease the intensity of your workout, decrease the height of the pedals by turning the Step Arm Height Adjustment Knob in a Counter-clockwise “-” direction.



MONITOR INSTRUCTIONS

FUNCTION BUTTONS:

MODE: This button cycles through the available Displays and turns the unit ON
RESET: Press the button once to reset unit data for the mode you are currently on.
Press the button and hold for 3 seconds to reset all values to zero.
NOTE: When the batteries are replaced, ALL values will reset to ZERO automatically.

FUNCTIONS & OPERATIONS

1. Battery Installation:

This monitor takes 2 x AA 1.5V batteries. Install batteries under the cover in the rear of the monitor.
Note: Replacing the batteries will reset ALL values on the monitor to ZERO.

2. Auto On/Off:

The system turns on when the MODE key is pressed or when you begin to use the Stepper.
The system turns off automatically approximately 4 minutes after you have stopped using the unit.

1. **REPS/MIN----------0~9999 (Steps per Minute)**
2. **CALORIES----------0~99.99 (Calories burned)**
3. **COUNT----------0~9999 (Number of Steps)**
4. **TIME----------0:00~59:59 (Duration of exercise)**
5. **SCAN----------6 SEC (Displays data (rotating) from all modes)**

Note:
1. If the computer displays data abnormally, please remove the batteries and try again.
2. Battery Spec: 1.5V AA (2PCS).
3. Batteries must be removed from any equipment before disposal, and they must be disposed of/recycled separately in accordance with local and state regulations.

EXERCISES

To improve your stamina, strength and improve your health, medical methods determining the most efficient amount of training specifically for your age, weight, height, and physical condition should always be followed.

If you have not been physically active for an extended period of time and to also avoid potential health risks, always consult a physician before starting any exercise regimen.

Warm-up

Before every training you should warm-up for 5~10 minutes. Here you can do some stretching and training with low resistance.

Cool down

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5~10 minutes. Stretching is also helpful for the prevention of muscle aches.

(SEE WARM-UP/COOL DOWN EXERCISES ON NEXT PAGES.)

Training session (With or without Stretch Cords)

If not using the Stretch Cords during your exercise, make sure that these cords are completely out of the way of the moving parts on the Stepper, and will not interfere with its normal use.
The time-length of your training session can be calculated with the following general guidelines for a normal, healthy individual:

Daily training:	**approx. 5-15 min. per session**
2-3 x per week:	**approx. 15-25 min. per session**
Once per week:	**approx. 30-45 min. per session**

Even after a short period of regular exercise you will notice that the sessions will be continuously easier and you will feel more fit during your normal day. Choose fixed hours for your training session and do not start training too aggressively.

WARM UP/COOL DOWN EXERCISES

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

	Inner Thigh Stretch Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.
	Hamstring Stretch Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
	Head Roll Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
	Shoulder Lift Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

WARM UP/COOL DOWN EXERCISES

	Calf-Achilles Stretch Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts
	Toe Touch Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.
	Side Stretch Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

FREQUENTLY ASKED QUESTIONS

Question: “The monitor is not working, what can I do?”

Answer: IN MOST CASES WHERE THERE IS AN APPARENT FAILURE OF THE MONITOR, IT IS DUE TO THE IMPROPER ATTACHMENT OF THE CABLE CONNECTION. PLEASE ENSURE THAT THE PLUG IN THE REAR OF THE MONITOR IS SECURE. YOU SHOULD ALSO MAKE SURE THAT THE BATTERIES ARE IN WORKING ORDER.

Question: “Is there any maintenance I need to do for my Stepper?”

Answer: YOU SHOULD ALWAYS DOUBLE CHECK TO MAKE SURE ALL YOUR BOLTS ARE TIGHT AND SECURE, ENSURE THAT THE HYDRAULIC CHAMBERS ARE NOT LEAKING, AND THAT THE STRETCH CORDS ARE SECURE IN THEIR HOUSING BEFORE BEGINNING USE. TO CLEAN THE METAL AND PLASTIC COMPONENTS, A GENERAL HOUSEHOLD CLEANER CAN BE USED, BUT PLEASE BE SURE TO FULLY DRY THE STEPPER AND FOOT PLATES BEFORE USE. NEVER USE ANY KIND OF POLISH OR LUBRICANT ON THE FOOT PLATES.

Question: “Something was missing from the packaging,” “I need to purchase a replacement Stretch Cord or other part” or “I discovered a damaged piece. What should I do?”

Answer: CONTACT CUSTOMER SERVICE AT: customerservice@puregbi.com or by calling 866-498-5269. YOU MUST HAVE YOUR PROOF OF PURCHASE AND/OR ORDER CONFIRMATION AVAILABLE TO BE CONSIDERED FOR WARRANTY REPLACEMENT. YOU MUST REPORT MISSING PIECES WITHIN 30 DAYS FROM DATE OF PURCHASE. PLEASE BE AWARE THAT UNDER OUR LIMITED WARRANTY, FOR SOME PARTS WE REQUIRE A PICTURE OF THE DAMAGED ITEM AND/OR RETURN OF THE ITEM TO OUR QUALITY CONTROL OFFICE FOR REVIEW.